

# THE KWAJALEIN HOURGLASS



VISITORS FROM NIPPON IZOKUKAI, THE JAPANESE WAR-BEREAVED FAMILIES ASSOCIATION, CONDUCT A MEMORIAL CEREMONY AT KWAJALEIN'S JAPANESE CEMETERY ON MARCH 5.

 JESSICA DAMBRUCH

**IN MEMORIAM** 2  
VISIT HONORS LIVES LOST

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FOR AIR TRAFFIC CONTROL TEAM

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SHARES ADVICE FOR BETTER SLEEP



# JAPAN WAR-BEREAVED FAMILIES ASSOCIATION VISITS USAG-KA

U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

A guide from Nippon Izokukai, the Japan War-Bereaved Families' Association, left, comforts a participant in a ceremony to honor fallen family members at Kwajalein's Japanese memorial site.

BY JESSICA DAMBRUCH

The 80th anniversary commemoration activities for Operation Flintlock continued this month with a ceremony to honor fallen Japanese family members and the island's deceased at the island's west end Japanese memorial site.

A touring group led by Nippon Izokukai, the Japan War-Bereaved Families Association, made its first visit to the atoll since the COVID-19 pandemic lockdown. Annual visits by the touring group lead family members from Japan in a commemorative pilgrimage to battlefields throughout the Pacific.

At each site, the visitors honored the

memory of family members and the many others who lost their lives during the WWII Battle of Kwajalein. Nippon Izokukai made its last visit to the atoll prior to the COVID-19 pandemic.

Together, the group decorated the memorial site with favorite foods, incense, flowers and personal tokens to honor the spirits of the deceased during a formal ceremony.

Under the flags of Japan, the Marshall Islands and the United States, seven visitors who had lost kin on the island read aloud personal letters to honor their memory.

Following their visit, the guests continued their commemorative journey to Pacific battlegrounds at Guam and Wotje, among others.

RIGHT: Guests place personal tokens of remembrance on a display to honor fallen family members at the island's west end war memorial during a recent visit by Nippon Izokukai.



## Complete your 2024 active-duty military spouse survey

Calling all active-duty military spouses: The Department of Defense wants to hear from active-duty military spouses about military life. All active-duty spouses are encouraged to complete the DoD's 2024 Active-Duty Spouses Survey. Visit [dodsurveys.mil](https://dodsurveys.mil) and enter your DOD identification number to complete the survey. Your efforts will help the military make decisions to best meet spouses' needs.

### THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army's 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944. The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll.

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U.S. ARMY PHOTOS BY MIKE BRANTLEY



## TEAM KWAJ COMMANDER THANKS ATC CREW

### COMMUNITY CONNECTION

**Very proud** of these three: Pearce Warwick, Shannon Paulson and Jay Monnot. After two years of challenges and setbacks, they have restored air traffic control operations to our “temporary” tower.

They are key risk mitigators for the air logistics in and around Kwaj.

Despite our small size, we are a busy airfield and stopover in the mid-Pacific, uniquely located between Hawaii, Guam, Japan and Australia. Kwaj is important to our Nation and we are thankful to have ATC services back on line!

**Col. Drew Morgan, Commander U.S. Army Garrison-Kwajalein Atoll**

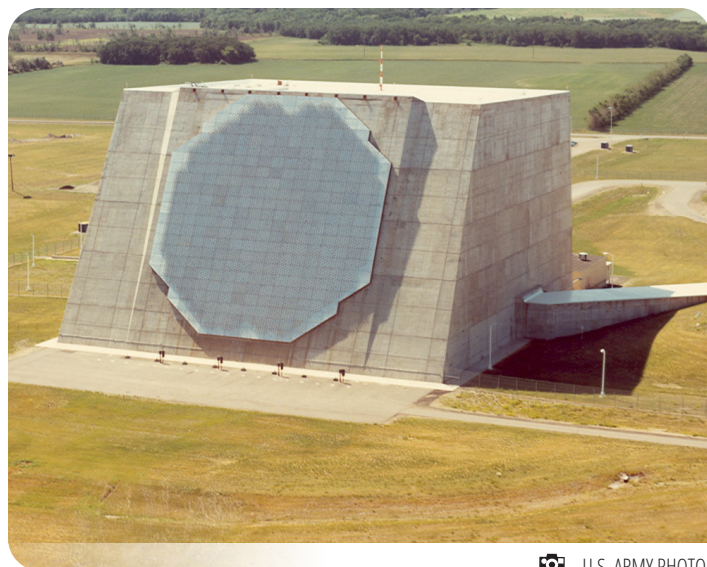
## ARMY MISSILE DEFENSE HISTORY

### BY SHARON WATKINS-LANG, SMDC HISTORIAN

The Office of the Assistant Secretary of Defense announced that General Electric Company of Syracuse, New York was selected for a \$1 million contract to design and develop a new Perimeter Acquisition Radar or PAR for the NIKE-X missile defense system.

Initially envisioned as an early warning VHF radar, the PAR was subsequently redefined as a UHF system with such new requirements as initial target detection, discrimination, and tracking for the long-range Spartan interceptors.”

Although an original deployment concept included PARs located strategically across the country, only one would ever be built. Transferred to the Air Force in 1977, the PAR is still operational.



U.S. ARMY PHOTO

# SLEEPLESS IN KWAJALEIN

BY DR. KENNETH THOMAS, KWAJALEIN EAP COUNSELOR

**Many people** have reported and/or experienced problems with the inability to sleep, stay asleep or waking earlier than intended without being able to fall back to sleep. People often describe the experience as “not being able to turn off their brains.”

Frequently, people experience significant anxiety because they are worried about not sleeping, which can cause the inability to sleep, and on and on. The Diagnostic and Statistical Manual of Mental Disorders- 5-Text Revised (DSM-5-TR) identify 10 disorders or disorder groups under the “Sleep-Wake Disorders” section. Of the 10, insomnia is the most prevalent.

The predominant criteria for an insomnia diagnosis are “a complaint or dissatisfaction with sleep quantity or quality, associated with one or more of the following:

- 1) Difficulty initiating sleep
- 2) Difficulty maintaining sleep
- 3) Early-morning waking with inability to return to sleep.

The condition must be causing significant distress in life dimensions, the sleep difficulty has a frequency of three or more nights a week and has persisted for at least three months. Chronic insomnia persists for six months or longer. Although there are other nuances to the diagnostic criteria, the ones listed above are the primary characteristics. According to statistics, approximately one third of adults report insomnia symptoms. Another 10 - 15% report daytime impairment and 6% - 10% meet the diagnostic criteria for insomnia.

Restful regenerative sleep is necessary for health and healthy functioning. Abraham Maslow, in “Maslow’s Hierarchy of Needs,” identifies sleep at the base

of the pyramid along with breathing, food, water, sex, homeostasis and excretion. It is well documented that sleep disorders contribute to the development of chronic health conditions such as asthma, cardiovascular disease, diabetes and arthritic conditions.

The National Highway Traffic Administration attributed 846 vehicular fatalities to daytime drowsiness in 2014. There were 83,000 auto crashes reported each year between 2005 and 2008 caused by drowsy driving. The National Commission on Sleep Disorders suggest the direct economic cost of insomnia in the US is \$13.9 billion.

Insomnia is a primary disorder. However, it is often comorbid with depression, anxiety, post-traumatic stress disorder and other mental disorders. Insomnia can occur at any point throughout the life cycle, but the initial episode is usually experienced in early adulthood. The prevalence is less frequent in childhood or adolescent populations.

According to the DSM-V, women may experience the onset of insomnia symptoms during menopause and the symptoms can persist well after other symptoms have subsided.

So, you may be asking by this point, what can I do about improving my sleep quality?

I’m glad you asked. Here are some practical sleep hygiene tips recommended by sleep professionals.

- 1) Avoid naps during the day
- 2) Avoid stimulating drugs like caffeine, chocolate, nicotine, and alcohol
- 3.) Engage in your most strenuous activities early in the day and more relaxing activities for the evening.
- 4) Establish a consistent sleep/wake routine even on non-workdays
- 5) Avoid eating too close to bedtime (several hours if possible)

6) Make your bedroom a nice place to sleep and only use your bed for sleep and other activities

7) Exercise daily

8) Avoid the use of technology at least 45 minutes to an hour before bedtime and avoid looking at your phone or computer if you wake (The blue light activates the brain making it difficult to sleep or fall back to sleep)

9) Turn off TVs, radios and other media devices (your brain will continue to process information even on a subconscious level)

10) Lower your light levels as you get closer to bedtime

11) Avoid long-term use of sleep aids to include over the counter (they are for short-term use and may exacerbate the problem by creating tolerance and a rebound effect).

Lastly, the criterion for insomnia is persisting for three months or longer. However, most of us have or will experience the phenomena of jet lag, which is caused by traveling over multiple time zones. Research suggests that for every hour of time change your body will need at least a week to reset.

So, if have recently experienced travel over multiple time zones, poor sleep is not uncommon. However, if you are past a reasonable time of readjustment, please schedule an appointment with your behavioral health provider for an assessment. Cognitive Behavioral Therapy is recognized as the first line intervention above pharmacotherapies for insomnia, though in some cases medication may be a warranted adjunct.

**You are not alone. You can reach out to the EAP at [kenneth.thomas@internationalsojgs.us](mailto:kenneth.thomas@internationalsojgs.us) or 480-5362 to schedule an appointment.**



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

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2



COURTESY OF ALAN WILLIAMS

3



4



5

1) Mitchell Krueger, left, and Caedmon Rios emcee during the annual Keystone and Torch Club Variety Show, March 17, at the Kwajalein High School Davye Davis Multi-Purpose Room. 2) Students participate in a skit during the Variety Show. 3) Scenes from the 2024 MWR Basketball playoffs and championship games at the Corlett Recreation Center on U.S. Army Garrison Kwajalein Atoll. Pictured here, it's Game 6 - Slip 'N Slides vs Spartans 1. 4) Don-Boy Jacob makes a move to get past the defense during the men's A League championships. 5) Opposing players keep pace during the Coed championship game.

# WHAT IS A HURRICANE?

// EXTERNAL REPORT

By the National Oceanographic and Atmospheric Administration

A hurricane is a type of storm called a tropical cyclone, which forms over tropical or subtropical waters.

A tropical cyclone is a rotating low-pressure weather system that has organized thunderstorms but no fronts (a boundary separating two air masses of different densities). Tropical cyclones with maximum sustained surface winds of less than 39 miles per hour (mph) are called tropical depressions. Those with maximum sustained winds of 39 mph or higher are called tropical storms.

When a storm's maximum sustained winds reach 74 mph, it is called a hurricane. The Saffir-Simpson Hurricane Wind Scale is a 1 to 5 rating, or category, based on a hurricane's maximum sustained winds. The higher the category,

the greater the hurricane's potential for property damage.

Hurricanes originate in the Atlantic basin, which includes the Atlantic Ocean, Caribbean Sea, and Gulf of Mexico, the eastern North Pacific Ocean, and, less frequently, the central North Pacific Ocean.

A six-year rotating list of names, updated and maintained by the World Meteorological Organization, is used to identify these storms.

"Hurricane Season" begins on June 1 and ends on November 30, although hurricanes can, and have, occurred outside of this time frame. NOAA's National Hurricane Center predicts and tracks these massive storm systems, which occur, on average, 12 times a year in the Atlantic basin.

As a world leader in hurricane research, NOAA strives to understand the mechanics of these complex storms in order to protect people, property, commerce, and natural resources.



NOAA PHOTO

When the maximum sustained winds of a tropical storm reach 74 miles per hour, it's called a hurricane. Hurricane Season begins on June 1 and ends on November 30, but these powerful storms can occur before and after the official season. A hurricane can be an awesome and destructive force of nature. Be prepared. Visit [Ready.gov](https://www.ready.gov)

# MANIT: MARSHALLESE FAMILY STRUCTURE

HOURLASS REPORT

Compiled from The USAG-KA Marshallese Primer

Language is a tool used to express and build unique and complex ideas about the world in which we live. For example, the terms "immediate and extended family" have very different meanings for Marshallese and western cultures.

The Marshallese language illustrates the difference in family relationships.

In western cultures, immediate family is usually recognized as your nuclear family—that is, parents, grandparents, and siblings.

In Marshallese, mama is the name you would call your mother, as well as all her sisters. Papa is the name you would call your father, and all his brothers.

Bubu (grandmother) and jimma (grandfather) is the name for your grandparents and all of your grandparents' brothers and sisters. Brothers, sisters, and cousins are simply referred to as brothers and sisters, and nephews and nieces are generally thought of as sons and daughters.

The names of relatives are the same, and the obligations are the same as well.

A Marshallese citizen, then, would have the same filial obligation to his mother as he would have to his mother's sisters.

These obligations cover all aspects of family life, including financial support, child rearing, caring for family during illness, birth and death.

The family clan, or jowi, is the foundation of Marshallese family life. There are approximately 30 - 60 jowis throughout the Marshalls and the root of each clan can be traced back to one woman who is referred to as the mother of that clan.

As in the family unit, responsibilities including providing shelter and food for visiting jowi members, caring for jowi members who may be hospitalized on Ebeye or Majuro, caring for the children of other jowi members when necessary, and assisting during funerals for members of the jowi.



U.S. NAVY PHOTO BY PETTY OFFICER 2ND CLASS JACOB WOITZEL

Navy Petty Officer 3rd Class Nelson Benetmorales signals a SH-60K helicopter aboard the USNS Mercy during Pacific Partnership, a humanitarian assistance and disaster relief preparedness mission in the Indo-Pacific, in Palau, July 19, 2022.

## DOD APPLAUDS FUNDING FOR PACIFIC'S FREELY ASSOCIATED STATES

// EXTERNAL REPORT

By David Vergun, DOD News

Representatives of the Defense Department, State Department and U.S. Agency for International Development testified today at a Senate Foreign Relations Committee hearing, welcoming enactment of legislation providing funding for the Freely Associated States of Micronesia, the Marshall Islands and Palau.

The funding legislation, signed March 9 by President Joe Biden, provides \$7.1 billion to the islands, to be distributed over a 20-year period.

Under the compacts of Freely Associated States, the U.S. provides guaranteed financial assistance in exchange for defense guarantees.

Ely S. Ratner, assistant secretary for Indo-Pacific security affairs, testified that this legislation will maintain America's commitment to

the Freely Associated States.

"From a national security perspective, the Pacific Islands form an essential part of a strategically vital region," Ratner said.

"The U.S. military's access and posture in the Pacific Islands are crucial for our logistics, sustainment and power projection throughout the region. Moreover, hundreds of billions of dollars in maritime trade flow through the Pacific Islands and our partners there provide critical linkages between the continental United States and our allies across the Indo-Pacific," he said.

That's why the United States is strengthening its diplomatic, economic and security ties throughout the Pacific Islands. And it's why the department plays a significant role in deepening these partnerships and sustaining its defense posture and presence, he said.

The significance of these agreements isn't only about building capacity through security cooperation. "We're conducting humanitarian

assistance and disaster relief activities with our partners. We're also working together with allies and partners like Australia, Japan and New Zealand. More than ever, we're devoting attention and resources that reflect the strategic significance of this region," he said.

The compacts ensure that the United States can maintain a military presence in the Freely Associated States, and they enable compacts island citizens to serve in the U.S. military, he said.

These compacts provide assured access for DOD operations, and they prevent would-be adversaries from accessing sovereign FAS land, airspace and territorial waters, Ratner said.

Other Pacific islands are also important to DOD's Pacific defense posture, he said, mentioning Hawaii, Guam, the Commonwealth of the Northern Mariana Islands, Papua New Guinea and American Samoa.

Last year, the U.S. and Papua New Guinea signed a "landmark" Defense Co-

operation Agreement, he noted.

The importance of the Pacific to U.S. and regional security is critical, at a time when China is drawing from a range of coercive tools in an attempt to erode long-standing U.S. partnerships, and advance Beijing's own influence, he said.

In recent years, these activities have included covert efforts to bribe local officials, economic pressure against sovereign nations that maintain diplomatic ties with Taiwan, and illegal, unreported and unregulated fishing that harms both the environment and local economies, he testified.

Ratner emphasized the whole-of-government approach to engaging with Pacific partners, lauding the efforts of the other officials also testifying: Daniel J. Kritenbrink, assistant secretary at the State Department's Bureau of East Asian and Pacific Affairs; and, Michael Schiffer, the USAID's assistant administrator of the Bureau for Asia.

# KWAJALEIN RECLAIMED WATER STANDARD VIOLATION

## PUBLIC SAFETY ANNOUNCEMENT

The Reclaimed Water System Document of Environmental Protection requires public notification when reclaimed water standards are violated.

On Feb. 14 – 15, the Kwajalein Wastewater Treatment Plant observed elevated levels of petroleum oil entering the system. As a result, the reclaimed water generated had higher than normal turbidity levels.

Turbidity is the cloudiness or haziness of a liquid caused by individual particles that are generally invisible to the naked eye.

On Feb. 19, the 7-day rolling turbidity average at the point

of entry into the reclaimed water system and the distribution system measured above the 2.0 Nephelometric Turbidity Units (NTUs) standard. The turbidity of the reclaimed water is expected to slowly decrease to normal levels over the next two to three weeks while the reclaimed water system recovers. No health-based restrictions on the normal use, such as irrigation, vehicle washing, etc., of reclaimed or non-potable water are necessary. A petroleum-based odor has been observed in the distribution system that is expected to dissipate with newly generated reclaimed water. There is no threat to public health or the environment because of this turbidity exceedance and the

petroleum-based odor observed. If you have any questions, please contact the V2X Environmental Department at 480-0722.

### Jorraan Eo Ilo Reclaimed Water System Eo Ion Kwajalein

Ekkar non Reclaimed Water Document eo an Environmental Protection/ak naetan (DEP) ej kemet bwe jikin liklik dren eo ej aikuj karon jujuk in ped elane ewor jorraan ko rejolet dren eo ion Kwajalein.

Ilo kar 14-15 raan in Bepode ilo iio in, Jikin Liklik Dren Eo ion Kwajalein ear elolo kare in woil iloan dren ko. Ken menin, ekomman bwe en laplok an tap dren eo.

Weweein ej walok wot ne ewor menoknok ak kare in ettoon ko jeban loi. Ilo kar 19 raan in alon in, ear wor tarrin juon wiik aetokin an ped ettoon kein iloan dren kein ekomman bwe jonan bonbon in (NTUs) Nephelometric Turbidity Units / ettoon ak tap in dren ear tobar 2.0. Jonak in jej kotomone ke enaj driklok iloan wiik kein jilu rej pedo tok. Ejjelok kojjele non karon im rejan ikkijeer kojerbal in dren (non wutdrikrik, kwali waa ko, im jermal ko eirlokwo) non aikuij ko jet.

Mottan woil ko iloan reclaimed water/dren in kenono kake rej etal non aer jako elikin an erreoo dren kein. Ne ewon kajitok rellap lok, kir tok V2X Environmental department ilo 480-0722.

# UXO SAFETY REMINDER

## PUBLIC SAFETY ANNOUNCEMENT

**Unexploded ordnance** should be treated like dangerous sea creatures: Look, but do not touch.

You can play an important role in keeping Kwajalein safe by knowing what to do when you spot unexploded ordnance.

**Remember the three R's of UXO: Recognize** an item as possible unexploded ordnance; **Retreat** from the area

of the UXO; and **Report** suspected UXO immediately.

If you discover an object that could be UXO, notify Kwajalein Explosive Ordnance Disposal immediately by calling 480-1433. You can also call CPS at 480-4445. Provide the following information about what you found:

- Location. Note helpful details like the building number, GPS coordinates and any prominent landmarks

dinates and any prominent landmarks

- Size of the UXO as compared to common items like a football or scuba air cylinder

For a detailed refresher on UXO safety, attend the new island orientation or call Kwajalein EOD at 480-1433.

### Kememjey R ko 3:

- **Recognize** (kile) juon kwopej bajjok emaron Bokutan ak kein kabokkolok (UXO); **Retreat** (Jenliklik) bed ettolok im jab kepaak UXO eo; **Re-**

**port** (Ripoot e) boktun ak kein kabokklok eo ien eo emokajtata non EOD ilo nombra kein (480-1433) ak CPS (480-4445).

Ken melele kein: Ia eo (nombra in ijo, GPS, kakolle in ijo, etc.); Jonan (jonan e ibben jet kain mweik - football, taan in turan, etc.).

Tiljek kon UXO kein einwot am kojparok menin mour in lojet ko rekawotata. Kalimjek wot jab jibwe. Non bar kakememjey eok, eokwe jout im koba lok ilo Island Orientation allon otemjey.



Your Opinion Matters!

## TENANT SATISFACTION SURVEY

Through April 18

Your feedback can make a BIG DIFFERENCE in the quality of life for Army families.

## Your Army Wants to Hear from You!

\*Completely confidential

We are investing significantly in housing improvements to ensure quality living conditions are provided to our Soldiers and families. Survey feedback will guide the Army's efforts to provide quality, safe and secure housing.

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# CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to [kwajaleinhourglass@gov2x.com](mailto:kwajaleinhourglass@gov2x.com) Wednesdays by close of business. Ads received after deadline will be published in the next issue of The Kwajalein Hourglass.

## ANNOUNCEMENTS

**BANKING CENTER CLOSED MARCH 30.** The Banking Center will be closed Saturday, March 30, due to Contractor Transition.

**BOWLING CENTER IS CLOSED.** The Kwajalein Bowling Center is closed for renovations. Visit the Grace Sherwood Library for more information, or check out the Kwajalein Community Sports Facebook page at 480-3331.

**CAC OFFICE.** Before your visit to the Common Access Card Office, ensure all paperwork is completed by your human resources representative before making an appointment. Bring two forms of government-issued IDs with you. Walk-in appointments are welcome, but there may be a wait. CAC Office Hours, Bldg. 835, are Tuesday - Saturday, 8 a.m. - 4 p.m.; (Lunch: noon - 1 p.m.). Call 480-8496.

## DRIVER'S LICENSING CLASSES

Kwajalein Driver's Licensing classes meet Wednesdays, 9 a.m. - Classes for RMI Workforce; 1 p.m. - Classes for expat Workforce. Classes are in Bldg. 856 Rm. 101 Vehicle Maintenance Compound. Space is limited. Registration is encouraged. For more information, call 480-3376. To register, email [brian.arnett@vectrus.com](mailto:brian.arnett@vectrus.com) and [kaisha.wilson@vectrus.com](mailto:kaisha.wilson@vectrus.com).

## EVENTS

Call 480-4198, visit the MWR Desk in the Grace Sherwood Library, Bldg. 805, and visit the Kwajalein Community Events Facebook page.

### Monthly Oceanview Club Nights

From 8 p.m. - midnight

1st Saturday: Karaoke Night

Enjoy live music with DJ Dmack on second, third and fourth Saturdays every month.

## E-WARENESS

### VEHICLE LEAKS

Contact Environmental at 480-0722 for in-

formation.

- It is the driver's responsibility to ensure that the vehicle he/she is driving is not leaking any fluids and is maintained in good condition. If leaks are observed:
- Stop the vehicle in a safe location and place absorbent under the leak.
- Call 911 to report the leak.
- Isolate leak to protect storm drains and waterways.
- Perform leak clean-up and reporting in accordance with site procedures.

If you have any questions, please call Vectrus Environmental at 480-0722.

- Ej an rittor eo eddo nan lolojake bwe wa eo ej ettor kake enjab ettal ak lutoklok oil jen e. Ne enaj wor ettal:
- Kabojrak wa eo ilo juon jikin eo ekkar nan bojrak ie im illik absorbent/matmat ko umin ijo ej ettal.
- Kiir 911 non ripoot e ettal eo kwoj loe.
- Kattolok ijo ej ettal nan bobrae storm drainout ko im dren ko.
- Karreoik ijo eo ej ettal im komane re-poot eo ekkar nan wawein kommani ilo jikin jeral eo.

Elane elon am kajitok, jout im kurlok vectrus Environmental ilo 480-0722.

## FACILITIES & HOURS

**SALON WALK-INS.** Surfside Salon Walk-In Appointments are available on Fridays from 1:30 - 6 p.m.

**MILLICAN FAMILY POOL.** Closed for cleaning on Thursdays. Open noon to 5 p.m. Tuesdays, Wednesdays, Fridays and Saturdays. Open 11 a.m. to 5 p.m. on Sundays and Mondays.

**KWAJALEIN SMALL BOAT MARINA** hours of operation. 7:30 a.m. - 6 p.m. Friday through Monday, and on holidays, excluding Thanksgiving and Christmas. Morning boat reservation times are from 7:30 a.m. - noon. Afternoon boat reservations are from 1 - 5 p.m.

**ARMA.** Log in to ArMa, the Army Maintenance Application, to report issues for all buildings maintained by the Department of Public Works. Contact Public Works at 480-3550.

For more information, please call 480-3364 or email Chief Gregory Collins at [gregory.collins@gov2x.com](mailto:gregory.collins@gov2x.com).

## FLIGHTS

\*\*Please note that all flights are subject to change.\*\* For the latest update on your flights on United, ATI or Air Marshall Islands:



Contact the USAG-KA Sexual Harassment/ Assault Response and Prevention Victim Advocate

Chief Warrant Officer 2 Nate Elkins  
SHARP Victim Advocate

Work: 480-0660 or 480-3421

USAG-KA SHARP Pager:

808-580-3241

DOD SAFE Helpline: 877-995-5247

ATI: 480-2169; AMI: 480-3469;  
United: 480-4852 or 1-800-UNITED1;  
Air Terminal Services: 480-2660;  
Flight Information Recording: 480-3589

UA Schedule Effective Now  
Monday and Friday—UA 155 (HNL)  
Check-in 2 - 4:50 p.m.  
Wednesday—UA 133 (HNL)  
Check-in 2 - 4:15 p.m.  
Tuesday and Saturday—UA 154 (GUM)  
Check-in 10:45 - 11:15 a.m.

**FLYROI RESERVATIONS.** To schedule reservations and for correspondence related to flights, email [LCVKwajalein-FlyRoi@versar.com](mailto:LCVKwajalein-FlyRoi@versar.com).

## HEALTH

**KWAJALEIN HOSPITAL WALK-IN CLINICS.** Available to the community now, 7:30 p.m. - 4:30 p.m. Flu shots are also available on a walk-in or appointment basis, Tuesday through Saturday, from 1 - 4 p.m. The updated 2023-2024 formulation for the COVID-19 vaccine (monovalent vaccine based on the Omicron XBB.1.5 sub-lineage of SARS-CoV-2) is available for all ages (6mo+). On hand stock is limited and pre-registration is required to ensure availability of age specific dosage. To register call 480-2223 for additional questions.

NOT FEELING WELL? Call 480-2223 to make an appointment for a COVID-19 test, Tuesday through Saturday from 7:30 a.m. – 4:30 p.m. If you are not feeling well, please wear a mask when you are around others in the community.

EAP SERVICES. The EAP provides mental health services on Kwajalein, Roi Namur and Meck which include but are not limited to the following:

- Psychological assessments
- Counseling
- Anxiety and depressive disorders
- Family distress
- Post-traumatic stress disorder assessment and counseling
- Job-and-work-related counseling
- Cross-cultural adjustment issues in counseling
- Crisis management consultation
- Conflict mediation/resolution
- Addiction counseling
- Consultation on violence in the workplace
- Crisis management for employees assigned to USAG-KA EAP services are also available to the management structure to improve employee retention, performance improvement plans, workplace resilience, and the development of people management skills to build and maintain effective teams. Employee Assistance Program counselor (EAP) Kenneth Thomas MHS, LPC, LCADC, can be reached at [kenneth.thomas@internationalsosgs.us](mailto:kenneth.thomas@internationalsosgs.us) or 480 – 5362.

VET SERVICES. Pet owners must notify Kwaj Vet Services before vacation. A pet sitter authorization form for treatment is required prior to departing Kwaj. Reach Vet Services at 480-2017 Tuesday through Saturday from 7:30 a.m. – 4:30 p.m.

PET HEALTH. According to the Association for Pet Obesity Prevention, 59.9 percent of cats and 55.8 percent of dogs in the United States were classified as overweight or obese. Animals that are obese are at an increased risk of experiencing diseases of the heart, lung, liver and/or gastrointestinal system. They may also suffer arthritis, diabetes, decreased immune function and overall decreased quality of life. If an animal is too obese, they may not be fit for travel off island. A proper diet and exercise during cool times of the day are recommended. Please contact Kwajalein Veterinary Services at 480-2017 and email [KwajaleinVeterinaryClinic@internationalsosgs.us](mailto:KwajaleinVeterinaryClinic@internationalsosgs.us).

CHAPEL COUNSELING AVAILABLE. For those who seek religious guidance, general counseling, and who may have questions related to family counseling, all are welcome to schedule an appointment with Ch. Mike Klein at the Island Memorial Chapel by calling 480-3505.

### JOBS

**To apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit [usajobs.gov](http://usajobs.gov).**

**ARKEL International is hiring. Send CVs and resume to [christopher.fuentes@arkel.com](mailto:christopher.fuentes@arkel.com) and [jasper.gomez@arkel.com](mailto:jasper.gomez@arkel.com). Visit Arkel online at <http://arkel.com>. Call 480-1006 for more information.**

ADMINISTRATIVE ASSISTANT. USAG-KA CYS seeks a fulltime administrative assistant for on-island hire. Applicants should have a high school diploma/GED and two years' demonstrated experience in administration or secretarial work, an undergraduate degree in business or a related field, or professional certificates from trade schools in a related field. Experience in child or youth programs is highly desirable. All required background checks must be successfully completed and maintained. A health assessment is also required. Please visit: [careers.vectrus.com](http://careers.vectrus.com), REQ: 37777.

BARU LEAD TEACHER. USAG-KA Child and Youth Services has a full-time job opening for a Lead Teacher. This position supervises children aged 6 months to 3 years old during indoor/outdoor activities, special events and instructional time; develops and provides individual and group lessons using CYS curriculum;

and requires a health assessment and successful completion of a background check. Apply online at [www.careers.vectrus.com](http://www.careers.vectrus.com). (Req. 38064)

ENVIRONMENTAL HEALTH AND SAFETY MANAGER. KFS LLC is accepting resumes for a Health and Safety Manager to support an upcoming Environmental Project on Kwajalein. Visit <https://honuserVICES.jobs.net/en-US/job/health-and-safety-manager/J3N1RL6KDG9RWPTYQDF> for additional information, including the full job description, qualifications, and resume submission instructions.

KIKAHA SOLUTIONS 30th Signal Battalion Network Enterprise Center, U.S. Army Garrison-Kwajalein Atoll is now partnered with Kikaha Solutions. Please visit [www.kikahasolutions.com](http://www.kikahasolutions.com) for more information and to submit applications. To navigate the site, click on "Careers," scroll down, and click on "search opportunities and apply." Enter job code 11326 and select search.

NAN, INC. seeks a project engineer, welder, welding inspector, quality control manager, and site safety and health officer. To apply, visit [www.nanhawaii.com](http://www.nanhawaii.com) and contact Clint Ueatari at 480-2632, 480-4995 or 480-4996.

OPSEC REMINDER. Good OPSEC practices include not posting any pictures/videos of Roi unless cleared by the Public Affairs Officer and not posting any comments about the status of Roi facilities. If contacted, point all inquiries to Mike Brantley, 480-4848/1565, [james.m.brantley4.civ@army.mil](mailto:james.m.brantley4.civ@army.mil).

PARSONS is now accepting applications for an office clerk, heavy equipment operator, quality control technicians, concrete finisher, general labor and masonry. Please visit the Parsons office to apply or apply online <http://parsons.com/careers>.

RGNEXT, LLC seeks qualified candidates to fill open positions on Kwaj and Roi in engineering, technical, and other areas. To apply, visit [rgnext.com](http://rgnext.com).

**SUBSTITUTE TEACHERS WANTED.** Kwajalein School System is now hiring substitute teachers. Qualifications: 4-year degree; confidentiality; love of working with children; favorable status for CNACI (will receive background check after accepting offer). Send resumes to [uhrenp@kwajaleinschools.org](mailto:uhrenp@kwajaleinschools.org). For more information call 480-3601.

**V2X JOBS.** V2X has several opportunities for on-island hires: Harbor Controller I (35649), Logistics Analyst (32717), Inventory Associate (35067), and Bartender (32355). Apply online at [www.careers.vectrus.com](http://www.careers.vectrus.com) or stop by the HR office in building 700.

#### **NEWCOMERS**

**ISLAND ORIENTATION** and Newcomer's Briefings occur in the REB, behind the Island Memorial Chapel. To register, email [KWAJ\\_OSO\\_Ops@Vectrus.com](mailto:KWAJ_OSO_Ops@Vectrus.com) or call 480-3511.

**OPSEC.** See something, say something. All employees on USAG-KA are required to receive annual Threat Awareness and Reporting Program training provided by KRO; Reporting: Report suspicious activities to the Kwajalein Resident Office at 480-9859/1293/8006 at Bldg. 1163.

**PCS & VACATION TIPS.** Notify the post office before leaving for 30 days or PCS'ing. Per DOD 4525.6-M, mail is only allowed to be held for 30 days with or without prior notice. Mail is considered unclaimed on day 31 and will be returned to the sender. Email the post office to authorize pick up for your mail and packages. When PCS'ing, provide a forwarding address. Contact James Smith with questions at 480-3461 and [james.e.smith2295@army.mil](mailto:james.e.smith2295@army.mil).

#### **REGULATIONS**

**TOBACCO USE.** USAG-KA Policy Memorandum 600-8 protects others from the negative impact of tobacco use. On US-AG-KA, smoking is permitted in designated smoking areas only. Smoking and cig-



## **EASTER EGG HUNT**

**Saturday, March 30**

**Photos with the Bunny from 6 – 6:45 p.m.**  
**Bounce Houses, Slip-N-Slides, and Water Slides 6 – 8 p.m.**  
**Egg Hunt begin at 6:45 p.m.**  
**Movie & concessions at the Rich Theater 7:30 p.m.**

**Brandon Softball Field.**  
**Bring your own baskets, and cameras for pictures with the Easter Bunny!**

**Candy, toys and special prizes for the hunters! Cash only for concessions.**



## **EASTER SUNRISE SERVICE**

**Sunday, March 31**  
**Emon Beach at 6:30 a.m.**  
**Potluck breakfast to follow. Bring a dish to share.**

**Contact Island Memorial Chapel for more information**  
**[KwajChapel@gmail.com](mailto:KwajChapel@gmail.com) 480-3505**

arette butt receptacles must be at least 50 feet from the entrance of facilities.

**DON'T TAKE CULTURAL ARTIFACTS.** It is illegal to remove cultural resources from the atoll. This includes any protected species, unexploded ordnance, WWII-era artifacts and ancient Marshallese artifacts. These resources are protected under U.S. federal and RMI law. Do not remove these pieces of atoll history from Kwajalein. Contact the Kwajalein Archaeology Office at 480-8867.

**EMERGENCY MANAGEMENT.** Visit the USAG-KA Emergency Management webpage, <https://home.army.mil/kwajalein/index.php/my-fort/EM>; 2) Click on "Mass Notification"; 3) Follow the registration instructions.

#### **RADIO**

FM99 THE WAVE & 97.9 ROI RAT RADIO. Tune in 7 - 9 a.m., 11 a.m. - 1 p.m. and 4 - 6 p.m. Tuesday through Saturday for live broadcasting, music, and community updates.

**RF EQUIPMENT.** Bringing new Radio Frequency equipment or wireless devices on island? Please contact the NETCOM Spectrum Management Office. This may require three months' approval process. Report any interference problemw. Home use of commercial electronics does not require approval. Call 480-4135.

#### **TAXI SERVICE**

Call 480-TAXI (8294) or 3341 to book your ride at least 24 hours in advance of your check-in time.

# EOD OPERATIONS

SATURDAY, APRIL 6, 2024

The UXO Demo Team will be conducting operations at UXO Disposal Site Roi-Namur from approximately 9:30 - 10:30 a.m. on Saturday, April 6, 2024.

The area indicated on the map will be off-limits until the operation is complete.



Pollution and litter in and around the world's oceans poses a growing problem. Plastic waste and other discarded trash endangers wildlife, negatively affects natural habitats and ruins the natural world for all of us. Please remember to discard trash in the proper receptacles around Kwajalein.

## If an emergency or disaster occurred, would you and your family be notified?

- 1) Visit the USAG-KA Emergency Management webpage at <https://home.army.mil/kwajalein/index.php/my-fort/EM>
- 2) Click on "Mass Notification"
- 3) Follow the registration instructions.

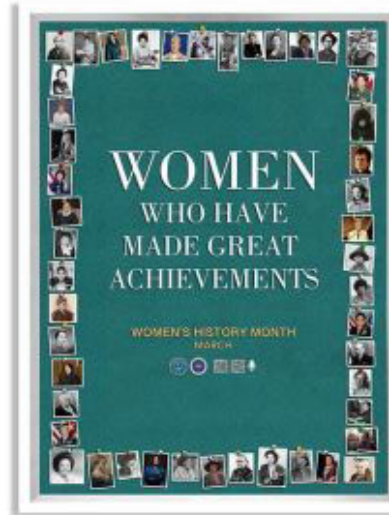
**Don't wait. Connect to the information flow.**

CULTURAL  
AWARENESS



# OBSERVANCE

## WOMEN'S HISTORY MONTH



Each year, the Department of Defense honors the women who have shaped U.S. history and made contributions to pave the way forward.

Women's History Month has taken place each March since 1987 when Congress passed Public Law 100-9, which authorizes the President to proclaim the observation every year. Before this, the event began as "Women's History Week" in 1981.

This year's theme, *"Women Who Have Made Great Achievements,"* celebrates the women who left an impact on the United States through their sacrifices, public service, and inspirational work.

One of those women was Claudette Colvin. Nine months before Rosa Parks made her famous stand for civil rights, there was Claudette Colvin, a 15-year-old Black girl who challenged segregationist bus policies.

In 1955, Colvin refused to give up her seat for a White woman after the "Whites only" section was full. When asked why she would not give her seat up for the woman, she replied, *"because it is my constitutional right."*

The bus driver alerted the police, who forced her off and jailed her. She was the first person arrested for challenging Montgomery's bus segregation laws. After being mistreated by the officers, she was charged with disobeying segregation laws, resisting arrest, and assaulting an officer, which stayed on her record into adulthood.

In 2021, Colvin, then 82 years old, finally had her record expunged of the criminal charges.

Women have played a crucial role in moving progress forward throughout American history.

The innumerable accomplishments of women have shattered obstacles, warranting commemoration during Women's History Month and year-round recognition.

***"I just couldn't move. History had me glued to the seat."***  
- Claudette Colvin

**2nd, 3rd, & 4th SATURDAY**

**DJ DMACK**  
**DJ DMACK**  
**DJ DMACK**

**OCEANVIEW 8 p.m.**



**PLAYING YOUR REQUESTS!**



# MOVIE SHOWTIMES

Shows start at 7:30 p.m.

## RICHARDSON THEATER

## YUK THEATER

SATURDAY, MARCH 23  
"Madagascar 2: Escape to Africa"  
(PG) 89 min.

SATURDAY, MARCH 23  
"No Country for Old Men"  
(2007) (R) 122 min.

SUNDAY, MARCH 24  
"Glory Road"  
(PG) 118 min.

SUNDAY, MARCH 24  
"Oppenheimer"  
(2023) (R) 180 min.

SATURDAY, MARCH 30  
"Paw Patrol: The Mighty Movie"  
(G) 88 min.

SATURDAY, MARCH 30  
"Napoleon Dynamite"  
(2004) (PG-13) 96 min.

SUNDAY, MARCH 31  
"Paws of Fury:  
The Legend of Hank"  
(PG) 98 min.

SUNDAY, MARCH 31  
"Mississippi Burning"  
(1998) (R) 128 min.

SATURDAY, APRIL 6  
"9 TO 5"  
1980 (PG) 109 min.

SATURDAY, APRIL 6  
"Maybe I Do"  
2023 (PG-13) 95 min.

SUNDAY, APRIL 7  
"Overboard" (1987)  
(PG) 112 min.

SUNDAY, APRIL 7  
"Killers of the Flower Moon"  
1992 (R) 130 min.

SATURDAY, APRIL 13  
"Penguins of Madagascar"  
2014 (PG) 92 min.

SATURDAY, APRIL 13  
"Infinite Storm"  
2022 (PG-13) 97 min.

SUNDAY, APRIL 14  
"Moonstruck"  
1987 (PG) 102 min.

SUNDAY, APRIL 14  
"Insidious: The Red Door"  
2023 (PG-13) 107 min.

SATURDAY, APRIL 20  
"Mrs. Harris Goes  
to Paris"  
2022 (PG) 115 min.

SATURDAY, APR. 20  
"Gran Turismo"  
2023 (PG-13) 134 min.

SUNDAY APRIL 21  
"Puss in Boots"  
2011 (PG) 90 min.

SUNDAY, APR. 21  
"Freelance"  
2023 (R) 108 min.

SUNDAY, APRIL 27  
"Ralph Breaks the Internet"  
2018 (PG) 112 min.

SATURDAY, APR. 27  
"Five Nights at Freddy's"  
2023 (PG-13) 109 min.

SATURDAY, APRIL 28  
"Remember the Titans"  
2000 (PG) 113 min.

SUNDAY, APR. 28  
"Fast X"  
2023 (PG-13) 141 min.

Looking for the NEC or Tribalco?



Same people. Same service.

**Kikaha is the new NEC Contractor.**



If you need to submit a ticket, call 480-3000 and select Option 1.



**ARE YOU INTERESTED IN BEING A LIFEGUARD INSTRUCTOR OR WATER SAFETY INSTRUCTOR?**



CLASSES ARE STARTING FOR THESE COURSES.  
Please email [Clifford.Pryor@gov2x.com](mailto:Clifford.Pryor@gov2x.com)



**TEMPORARY CLOSURE**

The Banking Center will  
Be **CLOSED**  
Saturday, March 30  
due to Contractor Transition

**CommunityBank**



## What's the weather?

For information, please click the logo to visit the RTS Weather Station online.

# WEATHER AND TIDES

// RTS WEATHER STATION

## WEATHER DISCUSSION

Last Tuesday, Kwajalein Island received a whopping 4.08 inches of rain, which was the 4th highest March daily rainfall total since records began in 1953.

As a result, March's current rainfall total has become higher than the climatological norm, but the question of whether we will remain above-average for this month or return to below-average (like the previous three months) remains to be seen.

This weekend may see a slightly increased chance of showers, but the total amount of rainfall throughout the weekend is likely to stay low.

Expect the subtropical ridge to remain the region's dominant weather system, causing relatively dry high-pressure weather.

The subtropical ridge may gradually strengthen over the weekend, tightening the pressure gradient across the region

and gradually increasing surface wind speeds. Trade wind speed convergence could then provide a source of lift necessary for isolated shower development.

However, the subtropical ridge's influence in the upper levels of the atmosphere will most likely keep shower activity at an isolated level at most, and most showers will only bring light rain.

Spring tides arrive with the full moon over the weekend, and these tides combined with northerly swell from a distant low-pressure system will lead to higher surf on northern shorelines. However, because that weather system is so far away from Kwajalein and because persistent strong winds are unlikely over the region, this increased surf is expected to remain below Advisory levels.

Combined seas on the open ocean will be 4-6 ft on Saturday but will increase to 6-8 ft on Sunday and Monday.

## SATURDAY

Partly to mostly sunny with stray showers. Winds ENE-E at 11-16 knots with higher gusts near showers.

## SUNDAY

Mostly cloudy with isolated showers in the morning, becoming mostly sunny with stray showers in the afternoon.

Winds NE-E at 11-16 knots with higher gusts near showers.

## MONDAY

Mostly cloudy with isolated showers. Winds NE-E at 13-18 knots in the morning, increasing to 16-21 knots in the evening.

Higher gusts may be expected near any showers.

## NEXT WEEK

The weather pattern is likely to become relatively more turbulent next week, but fortunately, this means the potential for more rain rather than a return to dry weather. For the early part of the week, anticipate that

SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:51 a.m. 7:00 p.m.	6:15 p.m. 6:02 a.m.	4:08 a.m. 4.0' 4:16 p.m. 4.4'	10:07 a.m. -0.2' 10:26 p.m. -0.4'
MONDAY	6:51 a.m. 7:00 p.m.	6:57 p.m. 6:38 a.m.	4:30 a.m. 4.3' 4:38 p.m. 4.5'	10:31 a.m. -0.4' 10:47 p.m. -0.5'
TUESDAY	6:50 a.m. 7:00 p.m.	7:40 p.m. 7:13 a.m.	4:52 a.m. 4.4' 5:01 p.m. 4.4'	10:57 a.m. -0.5' 11:07 p.m. -0.5'
WEDNESDAY	6:50 a.m. 6:59 p.m.	8:25 p.m. 7:49 a.m.	5:15 a.m. 4.5' 5:24 p.m. 4.3'	11:22 a.m. -0.4' 11:28 p.m. -0.4'
THURSDAY	6:49 a.m. 6:59 p.m.	9:12 p.m. 8:27 a.m.	5:38 a.m. 4.5' 5:48 p.m. 4.0'	11:49 a.m. -0.3' 11:49 p.m. -0.3'
FRIDAY	6:48 a.m. 6:59 p.m.	10:01 p.m. 9:09 a.m.	6:02 a.m. 4.4' 6:12 p.m. 3.6'	12:16 p.m. -0.1' -----
MARCH 30	6:48 a.m. 6:59 p.m.	10:55 p.m. 9:54 a.m.	6:28 a.m. 4.2' 6:37 p.m. 3.2'	12:11 a.m. -0.0' 12:46 p.m. 0.2'

winds will remain in upper teens and that isolated shower activity will persist.

Then, around mid-week, a trade-wind low pressure trough forming near the Marshall Islands could take control of the weather pattern by sending another wave of heavy showers through Kwajalein

Island. A looser pressure gradient could accompany this wave, allowing sustained winds to drop to the mid-teens, but after the wave passes and the subtropical ridge returns, winds are likely to increase back to the upper-teens to low-20s before the weekend.



Check out more news and entertainment about Kwaj life on the USAG-KA YouTube Channel, at <https://www.youtube.com/USArmyGarrisonKwajaleinAtoll>.

## NAN, INC. CONSTRUCTION NOTICE

Nan, Inc. Construction is scheduled to commence the telecommunication scope of work for the FY21 Kwajalein Army Family Housing project in our community from February – September 2024. There may be potential traffic disruptions, particularly from Lagoon Road to Bldg. 806. We kindly ask residents and commuters to be aware of possible changes in traffic patterns and to plan their routes accordingly.

We appreciate your patience and understanding. Nan, Inc. Construction is committed to minimizing any inconveniences, and we will strive to ensure a smooth and efficient construction process.



**NEVER FORGET.**

<https://kwajaleinmiaproject.us/>